

## Arthritis Aquatics

Age Requirements

No Age Requirement

Intake Process

Visit the website and call your local YMCA

Provider Refer

Yes

Self Refer

Yes

YMCA of Greater Richmond

<http://www.ymcarichmond.org>

<https://www.ymcarichmond.org/programs/swimming-and-aquatics>

<https://www.facebook.com/YMCARichmond>

<https://twitter.com/YMCARichmond>

Main

(804) 644-9622

2 West Franklin Street

23220 VA

United States

Monday: 5:30 am-9:00 pm

Tuesday: 5:30 am-9:00 pm

Wednesday: 5:30 am-9:00 pm

Thursday: 5:30 am-9:00 pm

Friday: 5:30 am-8:00 pm

Saturday: 7:00 am-4:00 pm

Sunday: 11:00 am-4:00 pm

Fee Structure

Fixed Fee

Payment Method(s)

Credit / Debit

,

Private Pay

Languages Spoken

English

YMCA, at some locations, offers Arthritis Aquatic Exercise, a recreational exercise program designed to accommodate the abilities of individuals with arthritis and other related diseases. Taught in a group setting with activities and exercises to encourage self-care, provide social interaction, improve muscular strength, endurance, and flexibility, maintain independence, manage pain, and relieve symptoms of arthritis. This class is appropriate for individuals who need a non-impact (low-intensity) fitness class.

There are 17 locations in the Greater Richmond area. Visit [Find a YMCA Location](#) to find a YMCA near you

Call your local YMCA for more information.

Service Area(s)

Chesterfield County

,

Goochland County

,

Hanover County

,

Henrico County

,

Petersburg City

,

Powhatan County

,

Richmond City

Email

[info@ymcarichmond.org](mailto:info@ymcarichmond.org)